

# **Triennial Assessment Report: Well SAT 2023-24 (5/2024)**

## **District: SAINT CROIX FALLS**

### **Strong Policies and Aligned Practices**

1. FR2 Our National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served. With link to website pertaining to this
2. FR3. Policy 760 Negative balance Policy: Families are requested to make an initial deposit of at least cost for one week of lunch, per student. Thereafter, depositing any amount needed to keep a positive balance in their account. Our automated calling system will call homes with an account balance of \$5.00 or less, reminding them to bring money to deposit. These calls will be made Monday through Thursday evenings. The family balances will also be checked by the school offices. No ala carte purchases are allowed with any negative balance, and those students with account balances of \$-20.00 will not be allowed to make any purchases at all. Students with account balances of \$-20.00 will be given a sandwich and milk for lunch. If the account remains negative after two (2) or more days, the student will be given a serving of fruit, a serving of vegetables, and a carton of milk. Negative balances thereafter will be determined at the discretion of the District. If a negative balance continues and the student does not bring a meal to school, the Guidance Counselor will be contacted to assess the student's needs
3. FR4 free (i.e., no cost to students) drinking water available to students during meal, cups at available at point of sale
4. FR13 The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy. The district wellness committee meets 1x a year." 

The District Wellness Team is a sub-committee composed of District Administrative Staff, the Manager of SFS, and staff from each school building representing various employee groups. The committee's primary charge is to meet Annually when possible
5. FR14 The principals at each school are responsible for the implementation and compliance with the wellness policy at the building level for each school.
6. FR15 The wellness policy made available to the public via the school districts web site
7. FR16 The wellness policy implementation evaluated annually by the wellness committee.
8. FR18 The triennial assessment report to the public via school district website but is our 1st time vis the Rudd well stat version.
9. NES1 All student are offered breakfast everyday school is in session .
10. NES2 The school take steps to address feeding students with unpaid meal balances without stigmatizing them by the school does not turn away any student for a standardized reimbursable meal but will for ala cart foods.
11. NES3 The school or district provide information to families about eligibility for free or reduced-price meals per policy 761
12. NES14 Water fountains are available throughout the school building with cups are provided at meals
13. NE1 Skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills
14. NE2 The district is committed to nutrition education, enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices thru MS & HS health classes and HS FACE family and community education classes. MS Health classes & HS health classes providing education on: Getting enough nutrients including nutrient dense foods, malnutrition, undernutrition and overnutrition. Key concepts of promoted by the dietary guidelines for forming a healthy eating pattern. Food groups, eating breakfast every day, following a Healthy Eating Plan (including My Plate USDA food guidance system, how to read a nutrition fact label, calorie intakes, limiting added sugars saturated fats and sodium and practicing food safety. Managing your Weight including BMI, support systems, and having a heathy body image including body image, weight stigma, disordered eating, purging, body neutrality, positivity, and compensation

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15. NE 1,2,3 All students receive sequential and comprehensive nutrition education as describe above.

16. PEPA1,2, 7 The district have a written physical education curriculum that is implemented consistently for every grade and has a written physical education curriculum that is aligned with national and/or state standards. All physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education. See: <https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>

17. PEPA3 Schools will provide physical education that fosters lifelong habits of physical activity. Physical education shall focus on personal fitness Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.

18. PEPA9 & 10 Clear that school district prohibits students from being exempt from PE for other school or community activities for physical education class time or credit. See POLICY 345.6 for Physical education exemption playing Varsity sports.

19. PEPA 18 Teachers never use physical activity as a punishment.



20 IC1,2 active district-level wellness committee but not a active school-level wellness committee

		Policy Score	Practice Score	
<b>FR2</b>	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	☆
<b>FR3</b>	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆
<b>FR4</b>	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
<b>FR13</b>	Which groups are represented on the district-level wellness committee?	2	2	☆
<b>FR14</b>	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
<b>FR15</b>	How is the wellness policy made available to the public?	2	2	☆
<b>FR16</b>	Is wellness policy implementation evaluated every three years?	2	2	☆

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<b>FR17</b>	What is included in the triennial assessment report to the public?	<b>2</b>	<b>2</b>	☆
<b>FR18</b>	Has the wellness policy been revised based on the previous triennial assessment?	<b>2</b>	<b>2</b>	☆
<b>NES1</b>	Does the district offer breakfast every day to all students?	<b>2</b>	<b>2</b>	☆
<b>NES2</b>	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	<b>2</b>	<b>2</b>	☆
<b>NES3</b>	Does your school or district provide information to families about eligibility for free or reduced-price meals?	<b>2</b>	<b>2</b>	☆
<b>NES14</b>	Do students have consistent and easy access to free drinking water throughout the school day?	<b>2</b>	<b>2</b>	☆
<b>NE1</b>	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	<b>2</b>	<b>2</b>	☆
<b>NE2</b>	Do all elementary school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>NE3</b>	Do all middle school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>NE4</b>	Do all high school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>PEPA1</b>	✍ Does the district have a written physical education curriculum that is implemented consistently for every grade?	<b>2</b>	<b>2</b>	☆
<b>PEPA2</b>	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	<b>2</b>	<b>2</b>	☆

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<b>PEPA3</b>	How does your physical education program promote a physically active lifestyle?	<b>2</b>	<b>2</b>	☆
<b>PEPA7</b>	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	<b>2</b>	<b>2</b>	☆
<b>PEPA9</b>	What percentage of students do you estimate do not take PE each year due to exemptions?	<b>2</b>	<b>2</b>	☆
<b>PEPA10</b>	What percentage of students do you estimate do not take PE each year due to substitutions?	<b>2</b>	<b>2</b>	☆
<b>PEPA11</b>	 Are there opportunities for families and community members to engage in physical activity at school?	<b>2</b>	<b>2</b>	☆
<b>PEPA12</b>	 Are there opportunities for all students to engage in physical activity before and after school?	<b>2</b>	<b>2</b>	☆
<b>PEPA13</b>	Is there daily recess for all grades in elementary school?	<b>2</b>	<b>2</b>	☆
<b>PEPA18</b>	Do teachers ever use physical activity as a punishment?	<b>2</b>	<b>2</b>	☆
<b>EW2</b>	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	<b>2</b>	<b>2</b>	☆
<b>IC1</b>	Is there an active district-level wellness committee?	<b>2</b>	<b>2</b>	☆
<b>IC2</b>	Is there an active school-level wellness committee?	<b>2</b>	<b>2</b>	☆









**Create Practice Implementation Plan**

1FR10 .HS Fundraisers that sell foods or beverages to be consumed during the school day need to be reviewed by new HS principal, this is one of his goals. No fundraising at Elem & MS schools

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2. FR11 We need a better policy for district regulate foods and beverages served at class parties and other school celebrations in elementary schools
3. NES6 All Students do have at least 10 minutes to eat breakfast and but not all middle school student have 20 minutes to eat lunch, counting from the time they are seated. Has been discussed but the timing does not work for MS students
4. NE6 School nutrition services staff members do not collaborate with teachers to reinforce nutrition education lessons taught in the classroom that I am aware of.
5. NE7 Currently our nutrition education address agriculture and the food system via classes & farm visits.
6. PEPA8 Ongoing professional development is offered every year for PE teachers that is relevant and specific to physical education but unknown if any have followed up.
7. PEPA19 Teachers may individually withhold physical activity but not as a classroom management tool







		Policy Score	Practice Score	
<b>FR10</b>	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	2	1	
<b>FR11</b>	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	1	
<b>NES6</b>	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	1	0	
<b>NE6</b>	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	0	
<b>NE7</b>	 Does nutrition education address agriculture and the food system?	2	1	
<b>PEPA8</b>	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	1	
<b>PEPA19</b>	Do teachers ever withhold physical activity as a classroom management tool?	2	1	

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### Update Policies

- 1.FR1 District have non specific goals for nutrition education designed to promote student wellness
- 2.FR5 All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements.
3. FR6 Competitive foods and beverages are sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks via vending machines. Currently working on a timer for machines per HS principal
- 4.FR7,8 All a la carte foods and beverages sold in the cafeteria, vending machines and coffee shop meet Smart Snacks standards.
5. NES4 The school use strategies to maximize participation in the school breakfast program and/or school lunch program, uses smarter lunchroom strategies annually.
6. NES8 The website for access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day is <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>.
7. PEPA16 Unknown proportion of students walk or bike to school

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	2	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	1	2	
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	1	2	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	1	2	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	1	2	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	1	2	

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<b>NES4</b>	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	<b>0</b>	<b>2</b>	
<b>NES8</b>	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	<b>1</b>	<b>2</b>	
<b>PEPA16</b>	What proportion of students walk or bike to school?	<b>1</b>	<b>2</b>	

### Opportunities for Growth

1. FR12 food or beverage is NOT marketing on the school campus during the school day? Any food items within school hours meet Smart Snacks criteria.
2. NES5 Marketing strategies used to promote healthy food and beverage choices in school are the bulletin boards at each school
3. NES7 Currently we do not procure locally produced foods for school meals
4. NES9 There are 2 exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks
5. NES10 Beverages containing caffeine sold at the high school level
6. NES11 All foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) DO NOT meet federal nutrition standards (e.g., CACFP or Smart Snacks) as they do not have to per regulations.
7. NES12 All foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) DO NOT meet federal nutrition standards (e.g., CACFP or Smart Snacks) as they do not have to per regulations.
8. NES13 Unknown if teachers or school staff give students food as a reward.
9. NE5 Nutrition education integrated into other subjects beyond health education, see NE 1, 2,3,4
10. PEPA4,5,6 PE meets the standard regulatory set by state of WI . see <https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>
11. PEPA14Some teachers provide regular physical activity breaks for students in the classroom
12. PEPA15 The district uses a "joint-use" or "shared-use" agreements on individualized basis.
13. PEPA17 Teachers are encouraged to use physical activity as a reward for students
14. PEPA18 Strategies used by the school to support employee wellness via Staff Wellness Like Gym membership,  
Health and wellness classes are offered to staff." From Jenna Boldt from Health Partners

	<b>Policy Score</b>	<b>Practice Score</b>	
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<b>FR12</b>	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	<b>1</b>	<b>1</b>	
<b>NES5</b>	Are marketing strategies used to promote healthy food and beverage choices in school?	<b>1</b>	<b>1</b>	
<b>NES7</b>	 In your district, is it a priority to procure locally produced foods for school meals?	<b>0</b>	<b>0</b>	
<b>NES9</b>	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	<b>1</b>	<b>1</b>	
<b>NES10</b>	Are foods or beverages containing caffeine sold at the high school level?	<b>0</b>	<b>0</b>	
<b>NES11</b>	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	<b>0</b>	<b>1</b>	
<b>NES12</b>	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	<b>0</b>	<b>0</b>	
<b>NES13</b>	Do teachers or school staff give students food as a reward?	<b>1</b>	<b>1</b>	
<b>NE5</b>	Is nutrition education integrated into other subjects beyond health education?	<b>1</b>	<b>1</b>	
<b>PEPA4</b>	How many minutes per week of PE does each grade in elementary school receive?	<b>1</b>	<b>1</b>	



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<b>PEPA5</b>	How many minutes per week of PE does each grade in middle school receive?	<b>1</b>	<b>1</b>	
<b>PEPA6</b>	How many minutes per week of PE does each grade in high school receive?	<b>1</b>	<b>1</b>	
<b>PEPA14</b>	 Do teachers provide regular physical activity breaks for students in the classroom?	<b>1</b>	<b>1</b>	
<b>PEPA15</b>	Does the district have "joint-use" or "shared-use" agreements?	<b>1</b>	<b>1</b>	
<b>PEPA17</b>	 Are teachers encouraged to use physical activity as a reward for students?	<b>1</b>	<b>1</b>	
<b>EW1</b>	 Are there strategies used by the school to support employee wellness?	<b>1</b>	<b>1</b>	

## Conclusion

We will continue to update our Wellness plan annually, continue to make improvements as reviewed by Wellness committee and use of the triennial assessment and WellSAT as guides

## Key



**Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy



**Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited



**Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

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**Opportunities for Growth** - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: [wellsat.org/resources](https://wellsat.org/resources)

## **Triennial Assessment Report: Well SAT 2023-24 (5/2024)**

### **District: SAINT CROIX FALLS**

#### **USDA Nondiscrimination Statement**

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1. **Mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Mail Stop 9410  
Washington, D.C. 20250-9410;
2. **Fax:**  
(202) 690-7442; or
3. **Email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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